

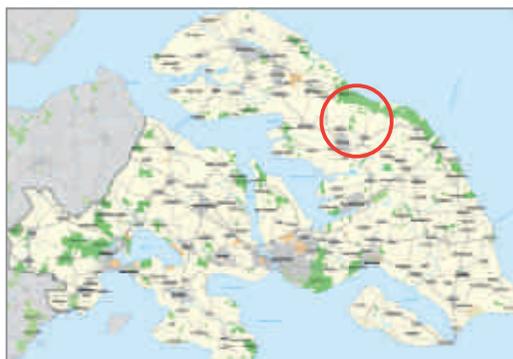
ned in literature dating from 1321 and was likely demolished when Østerholm was constructed. A wooden bridge over the moat allows pedestrian access to Helvedgård. The road from Østerholm down to Fjordmosen passes through two picturesque stone dikes which were built during the castle's glory days. This is where the Danish King would disembark from his boat after crossing the Lillebælt (Little Belt) to visit Southern Jutland, and the road is therefore known locally as the King's Road.

Fjordmosen

The area around Fjordmosen is home to a wide range of birds and wild plants. From the beach ridges along the coast you can see herons, goshawks, buzzards, and graylags on the meadows near the forest. In May and June, the bird tower near Troldsmose provides a view of a lapwing nurturing her small, downy offspring on the meadow in front of the tower. The forest near Troldsmose is a designated nature reserve. This means that forestry is no longer allowed and therefore nature can grow and develop unhindered.

Emil Nolde

The famous artist Emil Nolde lived in Nørreskov Forest for several years after 1903. He had a small studio near the coast and some believe that his art became lighter and more colour-intensive during the years he spent working and living there. One look at Nørreskov Forest in its autumn glory against the deep blue sea and you will be left in no doubt as to where he got his inspiration. Later Emil Nolde moved back to the marshlands, where his paintings can be seen at the Nolde Museum in Seebüll just south of the Danish-German border.



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Nørreskoven

– a cycle route



Guderup-Nørreskoven-Sjellerup

The cycle route through the beautiful Als forest landscape is approx. 16 km and begins at the square in Guderup. The path takes you through some lovely nature areas in the forest and along the coast which are accessible only by bicycle or on foot. You will find the route rather varied with both asphalt and unpaved roads, and in a few places you will need to walk your bicycle. The route can be completed in one hour but it is recommended that you allow 2-3 hours in order to stop at some of the wonderful places you will find along the way.

This is also a route that is rich in cultural treasures. Elstrup Mill is a local landmark situated on high ground and in Nørreskov Wood you will come across ancient long barrows, castle mounds and castle ruins. During your trip you can observe forest birds such as chaffinches, nuthatches and wrens.

Guderup

The town of Guderup grew up around the dairy, which was established in 1888, and the narrow-gauge railway that ran through Guderup from 1898-1933. The only remaining relic of the railway today is the stationbuilding, which is located on the town square. The previous era, in which the town consisted of just a few farms, can still be viewed in Gammel (Old) Guderup.

Elstrup

Elstrup Mill is the first thing you notice when you cycle into the village. The mill is one of the very few Danish examples of a Dutch-type mill. It is built entirely of wood, and was first established in Østerholm in 1859 but later moved to Elstrup in 1888. The small museum there is well worth a visit. The road winds its way from the mill in an idyllic fashion through the village with its half-timbered houses down towards Nørreskov Wood.



Nørreskov Wood

Nørreskov Wood is one of Denmark's longest coastal forests. It stretches for almost 9 km along the sea and is known for its varied cultural offerings and storied locations. More than 80 ancient burial mounds and long barrows are registered for the area, and the older of the two stone-lined long barrows near Havrekobbel is 5,500 years old. It is well worth stopping by the stone Grønne Bro (Green Bridge) to take an admiring look at its construction.

It was built more than 200 years ago from solid granite and still supports the heavy traffic of today.

The forest is also home to a very special beech tree – Den Lådne Bøg (the Furry Beech) – which is a strangely branched, gnarled tree with furry-looking growths. According to legend the tree's appearance is due to the fact that a young woman's father tried to shoot at her suitors with a shotgun. The shots missed and hit the beech tree, which then developed the furry growths.

Østerholm castle ruins and Helvedgård castle mounds

Østerholm Slot (Østerholm Castle) was built around 1555, but was demolished in 1733 after having stood empty for a long time. Today only the foundations remain, but with a little imagination it is easy to envision how the castle must have looked in its prime.

Inside the forest you will pass a beautifully well-preserved castle mound. This was once Helvedgård, which was the manor house before Østerholm was built. It is first mentio-

